



## MAY 2024

MON	TUES	WED	THURS	FRI
		1 9:30AM YOGA <del>11:00AM HIIT HUSTLE</del> 6:15PM CYCLE -45 7:15PM GLUTE-CORE FUSION	2 6:15AM YOGA 8:30AM HIIT CIRCUIT 9:30AM FULL BODY FLOW 6:00PM YOGA 7:00PM DANCE STEP	3 8:30AM FLEX & MOBILITY 9:30AM MAT CORE PILATES 10:45AM GLUTE CAMP 7:00PM XTREME HIP-HOP
6 9:30AM YOGA 11:00AM HIIT HUSTLE 6:15PM CYCLE -45 7:15PM XTREME HIP-HOP	7 6:15AM YOGA 8:30AM HIIT CIRCUIT 9:30AM FULL BODY FLOW 6PM YOGA 7PM HIIT	8 9:30AM YOGA 11:00AM HIIT HUSTLE 6:15PM CYCLE -45 7:15PM GLUTE-CORE FUSION	9 6:15AM YOGA 8:30AM HIIT CIRCUIT 9:30AM FULL BODY FLOW 6:00PM YOGA 7:00PM DANCE STEP	10 8:30AM FLEX & MOBILITY 9:30AM MAT CORE PILATES 10:45AM GLUTE CAMP 7:00PM XTREME HIP-HOP
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**CYCLE-45** Experience the benefits of outdoor cycling inside The Epic, come rain or shine! Together, we will sweat through hill climbs, flat terrain, sprints, and anaerobic intervals as a curated soundtrack keeps us motivated for 45 minutes!

**DANCE STEP** A fun, wildly addictive dance fitness class with great music. Crush calories during this power hour whilst dancing to your favorite songs!

**FLEX & MOBILITY** is a slow-burn workout to help build lean muscle and increase overall strength and mobility. With dynamic stretches and strength workouts, leave feeling stronger and more confident in your fitness abilities.

**FULL BODY FLOW** A full-body mobility and stretch routine that targets your joints and helps build your range of motion. Modifiable with weights and helps open up the body to feel great the rest of the day!

**GLUTE CAMP** Build strength and endurance through this 45-minute lower body conditioning class that will target the glutes, hamstrings, and quads. We will incorporate compound movements, isolation exercises for the glutes and high intensity intervals to keep the heart rate up!

**GLUTE-CORE FUSION** Get ready to feel the burn! This circuit-structured class will target sculpting glutes and strengthening abs and core using weights, kettlebells, or other equipment. All fitness levels welcome!

**HIIT** Focuses on building strength, explosive power, and cardio. Get strong, build power, and torch calories!

**HIIT CIRCUIT** Rev up your workout routine with 45 minutes of high-intensity intervals that will keep you moving and motivated. This class includes diverse equipment stations for every level to make you sweat and push your limits while having a blast!

**HIIT HUSTLE** High-intensity interval training session designed to make you sweat, burn calories, and sculpt your physique with the power of body weight, dumbbells, or equipment. Whether you're a beginner or a seasoned fitness enthusiast, this class is tailored to suit all levels.

**YOGA** has been around for more than 5,000 years and it does more than just burn calories and tone muscles. It is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

**MAT CORE PILATES** is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders.

**XTREME HIP-HOP** The ultimate goal of Xtreme Hip-Hop is to breathe life back into fitness and make it fun for all ages, cultures, genders, and fitness levels. Our mission is to help save lives by encouraging fitness and making it fun and not a chore! We are "Making Step Great Again."

\*Schedule subject to change. Please visit [jointheepic.com/group-fitness/](http://jointheepic.com/group-fitness/) for the most up to date schedule. Epic Members only. Space/equipment may be limited. First come, first serve. Ages 12+